

Our
focus is
YOU.

**MORE
EXPLORING,
LESS
SEARCHING
FOR ANSWERS**

Meet your guide to better health.

As a special benefit, you have access to a Blue Cross and Blue Shield of Texas Health Advocate – at no added cost to you.

Your Advocate works with and for you – to remove barriers and cut through red tape in the health care system, so you and your family can get the care you need. Our goal is to make your health care journey a smooth trip.

Health Advocates can help:

- Guide you through a new diagnosis
- Find a doctor or specialist and get you an appointment
- Connect with mental health experts to manage stress, depression, autism, substance misuse or other mental health issues
- Answer benefit questions or solve a problem with a claim or a bill



A personal Health Advocate
is part of your plan!

Contact them 24/7 for your health
and benefit needs:



Call 866-882-2034



Live Chat - Log in to
bcbstx.com/ut



Scan this QR code to visit
bcbstx.com/ut.



Call 911 for medical emergencies. Health Advocates do not give medical advice or take the place of a doctor's care. Talk to your doctor or health care professional about any health questions or concerns.

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